



July 2015

The Park Bench

Seniors in the Park Newsletter

GREEN BURIALS—AN ALTERNATIVE TO CONVENTIONAL PRACTICES

Thursday, July 23 11:00 am—12:00 noon

Although only a small fraction of burials in the United States currently use “green/natural” practices, the trend has been growing steadily over the past few decades. Increased environmental concerns and the desire by some to create more personalized ceremonies and rituals before and after a person dies, has increased interest in alternatives. This has inspired the development of new green cemeteries, as well as the integration of green burial practices in existing ones.

On **Thursday, July 23**, Karen Reppen from Rainbow Hospice Care will present a talk about the “Green Burial” movement. The event is offered free of charge and is open to the public.

During her presentation, Reppen will discuss various aspects of the natural burial movement, including its objectives and evolution over time. She will offer insight into the philosophy behind green burials, and explain how practices involved may differ from modern/conventional burial techniques. For example, no embalming fluids or cement vaults are used in natural burials, and containers are made from biodegradable materials which allow the body to return to the earth entering into the natural cycle of life. In addition, Reppen will share more specific details about natural burial grounds in Wisconsin and other resources about this and other related topics.

All are invited to attend this unique event, and advance registration is encouraged. Please register by Monday, July 20



Volume XV Issue 7

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**Welcoming Seniors, Boomers, and Adults
of all ages to our programs and trips.**

Seniors in the Park Promotes & Enhances a Vital Aging Community

PEGS AND JOKERS

Tuesday, July 21
9:30 am

New Time

Pegs and Jokers is a North American race game, using playing cards to move pegs around a board. It is a partnership game played with standard playing cards on a special board. It allows extra scope for strategy by giving players a choice of cards to play. Barb Dosemagen will teach a group of 6 to play. Please sign up by Thursday, July 16.

COMPUTER TUTOR

Bring your own laptop or tablet, and get tutoring on Internet, E-mail, Word, Excel, Pictures, or general topics. Please tell us what you want assistance with, when registering for your session.



Instructor: Lyle Hunter
Dates: July 7, 14, 16, 28, 29
Time: 9:30 am

Cost: \$5.00 residents
\$6.25 non-residents

Register at least 3 days in advance

SCRABBLE

Thursday, July 2, 10:00 am

New day

Join word aficionados and play a game of Scrabble. Get your brain neurons firing!

"PORTRAITS 101 CONTINUED" PAINTING THE PORTRAIT IN WATERCOLOR

A three week session, continuing on with the basics of painting the portrait and figure in watercolor. In addition to reviewing and practicing the principles of painting the face, we will explore painting arms and hands and clothing folds.

Students will need an enlarged 11x14 color photograph and a black and white photocopy of the same size, of someone they would like to paint. The instructor will have subject matter available for those who have need. The class is open to any skill level, and participation in the previous class is not necessary. There will be plenty of time for one-on-one instruction. If the student is new to portrait painting, there will be opportunity to learn what was covered in the May sessions.

It will be helpful to have the following materials: Paint: raw sienna, permanent rose, ultramarine blue, and burnt umber; Arches 140 lb paper (good-quality paper is a must!); small white board to mount paper on; clear or white tape to secure paper. The above mentioned paint colors will be available to share. These materials, plus pencils, kneaded erasers and other materials, will be available for \$5.

Dates: July 16, 23 & 30.

Cost: \$30, payable to instructor on the first day of class.

Deadline: Monday, July 13

Instructor: Jan Hamilton Crowley, www.jancrowley.com

Walk ins are welcome at \$15 per person. Contact instructor by phone at 262-441-0324, or by email at briarhillstudio@gmail.com

FAMILY & FRIENDS CPR

Thursday, July 30, 5:30-6:30 pm (Adult CPR only)

Cravath Lakefront Center

Do you know what to do in an emergency? Learn and practice adult CPR and automatic external defibrillation (AED) from American Heart Association certified instructors. This is not a certifying course. There is no test and no card is issued.

Fee Resident: \$5.00; Fee Non Res.: \$6.25, both include book

Free: Senior center volunteers

Class #: 4504.21 (wwparks.org)

Deadline: Monday, July 20

Min/Max: 3/5



**All Seniors in the Park activities are held at the Starin Park Community Building
504 W. Starin Rd, unless stated otherwise.**

THE KING AND DIAMOND

Thursday, July 16 7:00 pm Cravath Lakefront Park
Sponsored by Seniors in the Park



"The King & Diamonds" is just that: The Elvis Presley and Neil Diamond Tribute Show. Eric B. Ebert, sometimes known as "Eric Diamond", has been told on countless occasions that he "sounds more like Neil Diamond than Neil Diamond

does". Longtime Elvis aficionado and impersonator, Alan Graveen (aka "Alvis"), is known for his smooth vocals and Elvis impersonation.

"Whether you're 25 or 85 years of age, everyone knows and can sing along to at least one Neil Diamond song. And why is this? It is because, simply put, Neil Diamond is one of America's greatest songwriters, of this or any generation."

Dinner baskets are available from the Black Sheep. Stop in or call ahead of time to make sure your basket is ready. 262-458-4751



FLASH MOB

Thursdays, 8:45 am, beginning July 9

I have some ideas and dates for another potential flash mob. If you would like to participate, we will be practicing beginning in July. If you have any ideas for songs or a theme let me know. The more participation and input we have, the better and more fun it will be!



COMMUNITY CONVERSATIONS ON DEATH AND DYING (CCDD)

Wednesday, July 8, 6:00—8:00 pm

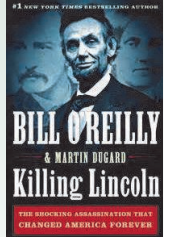
The meetings have been successful with a wide variety of topics discussed from loss, to choice, to the afterlife. Take a chance with this unique opportunity to explore your beliefs, questions, emotions, and experiences about end of life, grief, impermanence, and other related issues. The format is based on the popular Death Café model (www.deathcafe.com), which provides a casual, safe, and supportive environment in which to share with and learn from others. Experienced facilitators from Rainbow Hospice Care provide encouragement, insight, and inspiration. Light refreshments are served.

If you are interested in attending the next CCDD, let us know in advance by calling (262) 473-0535 or emailing dweberpal@whitewater-wi.gov; (920) 674-6255, or emailing karen.reppen@rainbowhospicecare.org or online at schedulesplus.com/wwtr or wwparks.org. For more information, visit the Events page at: www.rainbowhospicecare.org.

BOOK WORMS

Monday, July 6, 10:30 am

The Book Club will discuss *Vintage* by Susan Gloss. The book for August will be *Killing Lincoln* by Bill O'Reilly.



A riveting historical narrative of the heart-stopping events surrounding the assassination of Abraham Lincoln.

Killing Lincoln recounts one of the most dramatic stories in American history--how one gunshot changed the country forever. In the spring of 1865, the bloody saga of America's Civil War finally comes to an end after a series of increasingly harrowing battles. President Abraham Lincoln's generous terms for Robert E. Lee's surrender are devised to fulfill Lincoln's dream of healing a divided nation, with the former Confederates allowed to reintegrate into American society. But one man and his band of murderous accomplices, perhaps reaching into the highest ranks of the U.S. government, are not appeased. A smart but shifty New York detective and former Union spy, unravels the string of clues leading to Booth, while federal forces track his accomplices.

**Register and pay for trips
and classes online at
home:**

schedulesplus.com/wwtr

OR

**Checks for activities, classes
and trips are made out to:
City of Whitewater, unless
indicated otherwise.**

Activities

POLE WALKING INSTRUCTION

Turn your walk into a total body workout by using poles. Increase your cardio workout by 20% and calorie burn by up to 48% more! Lessen the impact on joints, naturally align your spine, and work your core. Thirty minutes of pole walking equals 50 minutes of regular walking. It's perfect for any age!

Instructor: Deb Weberpal

Fee : \$8.00 Residents;
\$10.00 Non-Residents

Time: 8:30 am

Date: Wednesday, July 8

Class #: 5301.22

Deadline: Wednesday, July 1

Min/Max: 3/6 People

Date: Wed., July 29

Class #: 5301.23

Deadline: Wed., July 22

Min/Max: 3/6 People



MOVIES:

SPONSORED BY MULBERRY GLEN

It's summer, and, in addition to our usual films on the 2nd and 4th Tuesdays, we'll be screening a Foreign Film or documentary on Wednesday. Some films are not in color; most are shown in their original language, with English subtitles. In the "big city," we would be considered an "art house." Enjoy.

"Leviathan"

Wednesday, July 8, 12:30 pm

Rated R, 2 hrs., 20 min.

Golden Globe Winner: Best Foreign Film. The owner of an auto-repair shop in northern Russia is targeted by the town's corrupt mayor, who is set on seizing the man's business, home, and land---either by payoff or force. A grim political thriller. Spoken Russian with English subtitles (Rated R for language and sexuality.)



"St. Vincent"

Tuesday, July 14, 12:30 pm

Rated PG-13, 1hr., 42 min.

A young boy whose parents have just divorced finds an unlikely friend and mentor in the misanthropic, bawdy, hedonistic war vet (Bill Murray) who lives next door. Also stars Melissa McCarthy and Naomi Watts. Golden Globe nominations for Best Comedy and Actor (Murray).



"McFarland USA"

Tuesday, July 28, 12:30 pm

Rated PG, 2 hrs., 9 min.

An inspirational sports drama, features Kevin Costner as a new coach at a Latino school in rural California who assembles a cross-country team that finds the heart, effort, and gumption to make it to the State Championship despite all obstacles.



Extended Travel

GULF SHORE BREEZES

April 9-16, 2016

Highlights of this trip include: Three nights at Perdido Beach Resort, US Space and rocket Center, GulfQuest National Maritime Museum, dolphin cruise, National Naval Aviation Museum, 2 nights in Nashville, Tour "Music City", RCA's Studio B (Home of the Nashville sound), *Best of Country* Music Show, the Country Music Hall of Fame, 12 meals, and Free home or local pick-up. Fee per person double is \$1498; single room add \$539. Detailed itineraries available.



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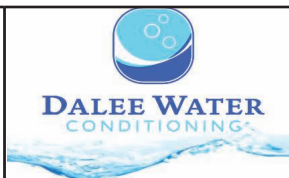
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Motorcycle & Extended Travel

Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park), or stop in to the Starin Park Community Building.

SAN DIEGO & BAJA CRUISE

January 23-30 2016

Highlights

- * San Diego City Tour
- * Lunch at the Hotel del Coronado
- * Old Town San Diego
- * San Juan Capistrano
- * La Jolla
- * 4 night Princess cruise
- * Avalon, Catalina Island
- * Ensenada Mexico*

Tour and staterooms range from \$2145-\$2495 dbl
See itinerary for single supplement
Includes roundtrip airfare from Milwaukee, 15 meals, transfers, Tour Manager, and more! \$100 booking discount if deposit by October 31, 2015 and final payment made with check.
Premier World Discovery
*Passport required for this trip

**TRIP
PREVIEW
Thursday
July 23
2:00 pm

RSVP by
July 16**

AUTUMN IN THE ADIRONDACKS

October 3—10, 2015

Savor the views on 'Autumn in the Adirondacks' in upstate New York. Highlights include: Saratoga Springs and the famed Race Track; a ride on the Saratoga & North Creek Railway along the Hudson River; narrated lunch on Lake George; Lake Placid tour (site of two Winter Olympics); a 1000 Islands cruise on the St. Lawrence River; and visits to Singer Castle, Antique Boat Museum, George Eastman House, and the Chapman Museum, with dinner in a log cabin; one night at Turning Stone Casino Resort; free home or local pick-up and return; and 13 meals. This is a coach bus tour with Mayflower Tours.

\$1798 per person double; \$2607 Single
Cancellation fee waiver available for \$60.00
Detailed itineraries are available at the Starin Park Community Building, by calling the center or emailing Deb at deberpal@whitewater-wi.gov



MOTORCYCLE OUTINGS

We will be offering rides out of Starin Park through October. Meet new people and enjoy a day of sunshine, with the wind in your face. Riders must arrive prior to departure to show proof of insurance (card you should be carrying) and fill out a participation form, if this is your first ride with us in 2015. Helmets are recommended. Call with your email or phone number to text to, and we'll keep you current on upcoming rides and rain dates.

July 7—Mystery Ride; lunch included. Group Leader is Bruce Parker. This trip will depart at 9:30 am. Approximately 150 miles.

July 16—Frank's Diner and Russell Military Museum. Eat breakfast at Frank's Diner. It's been featured on Diners, Drive-Ins, and Dives. The staff offers friendly smiles, sassy service, and one piece of advice: be nice or leave! Dig into the homemade bread, gigantic pancakes, and the best-seller — the "Frank's Garbage Plate." The Russell Military Museum comprises a collection over 40 years in the making. Situated on 8 acres, there are over 300 vehicles on display including tanks, jeeps, cannons, rifles, helicopters, jets, and many unique vehicles you won't see anywhere else. Museum fee is \$10. Trip departs at 8:30 am. Rain date July 17. Group leader is Bruce Parker.

August 20-21— Overnight trip to Doc's Harley Davidson, Bonduel, and Green Bay Packer Hall of Fame/Lambeau Field.

Reservations for this trip are required by August 7. Hotel info will be sent out by email or will be in the August newsletter.

September 8—Richland Center and Apple Orchard. Rain Date September 9.

September 18-19—Overnight to Galena and Savannah, IL.

October 3—WI Auto Museum and Mine Shaft. Rain date October 10.



Coach Bus Trips

7

SAN FILLIPO

Tuesday, November 17

At San Fillipo, you will view, hear, and learn about automated music machines, their history, restoration efforts, as well as the opulent details of the Residence's French Second Empire setting. Also see some of the most beautiful art glass-front orchestrions ever made, Tiffany art glass lamps and Victorian chandeliers, Mutoscopes (hand-cranked 'movie' viewers), fortune-telling machines, strength testers, and slot machines, replicating an old-fashioned penny arcade and a recreation of a turn-of-the-century casino. Enjoy a mini-concert on the world's largest theater pipe organ. The jewel of the tour is the Eden Palais Carousel. The most complete example of a European salon carousel in existence. Our Docent-Guided Tour is approximately 3 hours. There will be opportunities to sit during the tour. After your included lunch stop at Chessie's with a choice of 4 different entrees, travel to Mellie's Chocolate for a sweet treat.

Fee: \$70 Checks made out to City of Whitewater

Deadline: October 21

Depart: 7:15 am, Fort K-Mart; 7:45 am Starin Park

Return: 4:30 Starin Park; 5:00 pm Fort K-Mart



Van Trips

MADISON MALLARDS

Thursday, July 23

It will be a great night at the Duck Pond, beginning with the Pepsi Tailgate. You will have 90 minutes of tailgating bliss, including all-you-can-eat burgers, brats, hot dogs, cranberry walnut chicken salad sandwiches, veggie burgers, potato salad, coleslaw, and chips AND all-you-can drink soda and water. Watch the game from your reserved seat in the Grandstand, where you can watch the antics of Maynard and maybe even some of the game.

Fee: \$29.00

Deadline: Wednesday, July 1

Depart Starin Park: 4:15 pm

Return: 11:00 pm (approx)



GREEN BAY

Thursday, August 6

Tour historic Lambeau Field and the Hall of Fame.

Enjoy an included lunch of comfort food) at the stadium. In the afternoon, there will be a guided tour of the beautiful Green Bay Botanical Gardens. They even have a hobbit house (restrooms) in the children's gardens.

Fee: \$80 (checks made out to the Fort Atkinson Senior Center)

Pickup time: Starin Park 7:00 am; K-Mart lot 7:30am

Estimated return: Fort 6:30 pm; Whitewater 7:00 pm

Deadline to sign up/pay: July 15 Trip is waiting list only

CHAIN O'LAKES BOAT TOUR

Wednesday, July 15

Enjoy a one-hour boat tour on the Chain O' Lakes, with lunch served at the Port O' Blarney. After lunch, visit the quaint village of Antioch with time to stroll in town.

Fee: \$66.00

Depart: 9:00 Fort K-Mart;
9:30 Starin Park
6:00 Starin Park;
6:30 Fort K-Mart

Trip is Waiting List Only. We have to stay above 50 people so please get on the wait list.

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LUNCH BUNCH

Thursday, July 9, 10:30 am

Lunch will be at Herrings Sand Bar in Lake Mills.

Fee: \$5.00

RSVP by Tuesday, July 7.

JANESVILLE SHOPPING

Wednesday, July 1, 9:00 am

Get picked up at your home and shop in Janesville. Participants decide where to shop. Bring a new friend and your ride is free.

Fee: \$5.00

RSVP by Tuesday, June 30.

SUNNY SIDE UP BREAKFAST CLUB

Wednesday, July 22

Venture to the Koffee Kup in Stoughton known for their home cooking. Depart at 8:30 am, and return approximately 11:30 am.

Fee for transportation: \$5.00

RSVP by Monday July 20

STATE FAIR

Wednesday, August 12

Transportation provided to the State Fair. Entrance Fees are \$7 for 60+ or \$12 under 60. Depart at 8:30 am and return approximately 4:00 pm.

Fee for transportation: \$10.00.

RSVP by Monday, August 3

NEW VAN TRIP POLICY

Because of the popularity of our van trips, and to make it fair for everyone, we will not take reservations until the first of the month the trip appears in the newsletter. All van trips must be paid for within one week of reservation, or you will be removed from the trip.

DRESSING DOWNTON

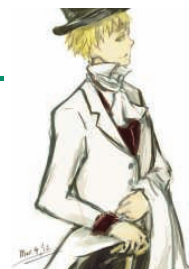
Wednesday, August 19

Those intriguing costumes from Downton Abbey are on display at the Paine Art Center in Oshkosh. We will have a guided tour of the building and time to explore the "Dressing Downton" exhibit throughout the museum and the gardens. Lunch is on your own at Fratellos and then it's on to the Victorian era Morgan House.

Fee: \$36.00

Deadline: July 29

Depart: 7:45 am Return approx 5:00 pm



BELOIT SNAPPERS

Tuesday, August 25

It's \$2 Tuesday! Hot dogs, Brats, pizza, Miller draft and soda are all \$2.00. The Snappers are having a great season. Check out this Minor League team and cheer them on.

Fee: \$10.00 includes rows 2-3 box seats and transportation

Deadline: August 4

Departs 5:15 pm



EPIC AND TROLL CITY

Wednesday, July 29

We begin the day in Troll City, Mount Horeb, with lunch on your own at one of four eateries. After lunch, wander their downtown and visit a chocolate store, bakery, winery, or the Duluth Trading Company and the Wally-Keller Tool Museum. **Epic** is a privately held health care software company in Verona, which employs more than 8,000 people. Working at Epic is similar to working at Google or Apple. The atmosphere of buildings and workspaces, the artwork, and the landscaping are developed to induce creativity. There will be A LOT of walking on this trip.

Fee: \$10.00 **Depart: 10:00 am; Return: 4:30 pm (approx)**

Wait List Only

SAVE THE DATE

October 6-9, 2016




**Mississippi
River Road
Fall Foliage
Tour**



Activity Calendar


9

July 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>(A)=Downtown Armory (OR)=Oak Ridge Golf Course, Milton (L)=Cravath Lakefront</p>		<p>1</p> <p>9:00 Janesville Shop 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess</p>	<p>2</p> <p>8:45 Core & More 9:30 FUNctional Fit 10:00 Scrabble</p>	<p>3</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p> <p>4</p> 
<p>6</p> <p>8:30 Golf (OR) 9:30 FUNctional Fit 10:30 Book Club 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Euchre 1:00 Canasta 1:00 Mah Jongg</p>	<p>7</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 9:30 Motorcycle Mystery Trip 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Toenail Clinic 1:00 Pinochle 1:00 Sheepshead</p>	<p>8</p> <p>8:30 Pole Walking 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 12:30 Mulberry Glen Foreign Movie "Leviathon" 1:00 Chess 6:00 Community Conversation on Death and Dying</p>	<p>9</p> <p>8:45 Mob practice 9:30 Computer Tutor 9:30 FUNctional Fit 10:30 Lunch Bunch 7:00 Family Fun Night: The Big Rig Gig (L)</p>	<p>10</p> <p>9:30 Indoor Walking 10:00 Accreditation Review 12:30 Pickleball (A)</p>
<p>13</p> <p>8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Euchre 1:00 Mah Jongg</p>	<p>14</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "St. Vincent" 1:00 Sheepshead</p>	<p>15</p> <p>9:30 Chain O Lakes departs 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess Office closed</p>	<p>16</p> <p>8:30 Motorcycle Ride Departs 8:45 Mob practice 9:30 FUNctional Fit 1:00 Watercolor 7:00 Concert - The King and Diamond (L)</p>	<p>17</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>20</p> <p>8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Euchre 1:00 Canasta 1:00 Mah Jongg</p>	<p>21</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 9:30 Pegs & Jokers 10:30 Meal Site Game Day 1:00 Sheepshead</p>	<p>22</p> <p>8:30 Sunny Side Up Breakfast Club 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess</p>	<p>23</p> <p>8:45 Mob practice 9:30 FUNctional Fit 11:00 Green Burials 1:00 Watercolor 2:00 Baja Cruise Preview 4:15 Mallards Game departs 7:00 Family Fun Night: Messy Fest (L)</p>	<p>24</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p> 
<p>27</p> <p>8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Euchre 1:00 Mah Jongg</p>	<p>28</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 City Bingo 12:30 Mulberry Glen Movie "McFarland USA" 1:00 Sheepshead</p>	<p>29</p> <p>8:30 Pole Walking 9:30 Computer Tutor 9:30 Indoor Walking 10:00 Epic tour departs 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess</p>	<p>30</p> <p>8:45 Mob practice 9:30 FUNctional Fit 1:00 Watercolor 5:30 Family and Friends CPR (L) 7:00 Concert - Funky Blue Reaction (L)</p>	<p>31</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>

10 Walworth County Nutrition Menu

July 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00 . To reserve a meal, for Tuesday, call 262-903-0436; Monday, Wednesday through Friday, call 10:00 am to noon; or call Walworth County at 1-800-365-1587, ext. 3333 by noon the day prior. Call the 800 number to cancel meals day of by 8:00 am. Meal site is at Brookdale Manor, 1061 Blackhawk Dr., Monday and Wednesday through Friday.		1 Hot Dog Hot Dog Bun Cauliflower Green Beans Peaches	2 Breaded Fish Red Potatoes Mixed Vegetables Lemon Clifton Dessert Wheat Bread	3 Dining Centers Closed 
6 Beef Goulash Squash Garden Blend Veggies Fruit Cocktail Wheat Bread	7 @ Starin Park Swiss Steak Mashed Potatoes Mixed Vegetables Butterscotch Pudding Wheat Roll	8 Turkey and Gravy Mashed Potatoes Coleslaw Tropical Fruit Wheat Bread	9 Grilled Chicken Salad Mandarin Oranges Pineapple Cherry Crisp Wheat Bread	10 Creamy Chicken with Bowtie Pasta Stewed Tomatoes California Mixed Veg Cantaloupe; Dinner Roll
13 Hungarian Pork Egg Noodles Carrots; Green Beans Fruit Jell-O Wheat Bread	14 @ Starin Park BBQ Chicken Leg/Thigh Sweet Potatoes Broccoli Melon Mix Wheat Bread	15 Italian Wedding Soup Med. Mixed Vegetables Tossed Salad Mand. Orange/Pine. cup Wheat Bread	16 Chicken Waldorf Salad Tossed Salad Marinated Vegetables Brownie Wheat Bread	17 Roast Beef and Gravy Mashed Potatoes Beets Strawberry Cake Dinner Roll
20 Baked Chick. Drums. Mashed Potatoes Broccoli Carrot Bar Wheat Dinner Roll	21 @ Starin Park Chicken Salad Tossed Salad Carrot Raisin Apple Salad Apricots; Cheesecake Bar Wheat Dinner Roll	22 Quiche w/Broc. & Cheese Potato Casserole California Mix Veg Pineapple Tidbits Wheat Roll	23 Western Meatloaf Au gratin Potatoes Garden Vegetable Tropical Fruit Wheat Bread	24 Spaghetti & Meatballs San Francisco Blend Green and Gold Beans Melon Mix French Bread
27 Grilled Pork Chops Carrots Red Cabbage Melon Mix Wheat Bread	28 Salisbury Steak Sweet Potato Peas Fruit Cocktail Dinner Roll	29 Scalloped Chic. w/mush. Rice Pilaf Sliced Beets; Gr. Beans Peaches Wheat Bread	30 Grilled Rasp. Chicken Hot Peaches w/Granola Tossed Salad Carrot Cake Wheat Bread	31 Beef Stew with potatoes Cauliflower Pineapple with grapes M&M Cookie Baking Powder Biscuit

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SERVICES AT A GLANCE

Toenail Clinic: Tuesday, July 7
by **Appointments only.**
Please bring a towel. \$15.00.

Other Services:

- Free computer/internet access
- A document shredder is available (1-inch stack of documents or less to shred)
- There are books, magazines, and puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.



Marion Malo, John Rowe and Dorothy Moyer for Bingo prizes.

Accreditation Committee: **Mark Dorn, Jeanine Fassl, Dave Gamble, Patti Grosskreutz, Pat Jacobson, Donna Kollwelter, Bruce Parker, and Dan Sable.**

DEHAVAN SUMMER CONCERTS

Phoenix Park Bandshell

Most concerts are on the weekend and range from Jazz to Spiritual to Tribute to Classic Rock. Check out the line-up at phoenixparkbandshell.com. They are also on facebook.

BINGO

Tuesdays, 10:00 am

July 7: Culver's

July 14: Mulberry Glen

July 28: City Bingo



BINGO SPONSORS

Culver's, Mulberry Glen, and City Bingo Cover All: Our House

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Fort Community Credit Union * Walworth Co. Nutrition * Subway
Jersey Mike's Sub * Yogurt Shoppe * Taco Fresco * Fairhaven
Black Sheep

ACTIVITIES AT A GLANCE

Bingo—First, Second, and Fourth Tuesdays at 10:00 am

Book Club—First Monday 10:30; Books available at Starin Park

Canasta—First, third, and fifth Mondays 1:00 pm

Chess—Wednesdays, 1:00 pm; Beginners welcome

Dominoes—First Tuesday 11:45 am

Euchre—Mondays 1:00 pm

'FUN'ctional Fitness—Mon & Thurs. 9:30 am; Residents: \$1.00 per class

Mah Jongg—Mondays, 1:00 pm

Pegs & Jokers—Third Tuesday 9:30 am

Pickleball—Monday, Wednesday, and Friday 12:30-2:30 and Tuesday 9:00-11:00 at the Downtown Armory

Pinochle—First Tuesday, 1:00 pm

Potluck—First Tuesday 11:15 am

Scrabble—First Tuesday, 10:00 am

Sheepshead—Tuesdays, 1:00 pm

Walk Away the Pounds—(Indoors) Wednesday & Friday, 9:30 am

GREETING CARDS

We have a great selection of cards. Most cards are priced from 65 cents to \$1.50. Stop in and check out our selection.



VOLUNTEER SPOTLIGHT

Bruce Parker has been volunteering with Seniors in the Park since 2011.

Bruce is one of our van drivers and also helps with the “Park Riders” Motorcycle group for the Seniors in the Park. He is participating in our volunteer accreditation groups, as well as helping out with activities as needed.

Bruce says he enjoys volunteering with Seniors in the Park because he likes to give back to the community and enjoys working with people. He volunteers on the City of Whitewater Park Board, the Plan Board, the CDA, the 4th of July planning committee, as well as the Downtown Design Group. His other interests include motorcycles, old cars, woodworking, skydiving, and scuba diving.

Bruce has lived in the Whitewater area his entire life. His grandparents ran a bakery on Main and Center St. for many years. He retired from the City of Whitewater in 2011 as the Zoning Administrator and Neighborhood Service Director.

Bruce commented that he is proud of the variety of activities that are offered by Seniors in the Park and hopes that more people will join in on the fun.

Thank you Bruce for all your help with Seniors in the Park, we appreciate it.



Park Bench TV: Are you in touch with the happenings in Whitewater? Do you read the papers? If so, you would be perfect to assist with finding interesting people or groups to interview on our TV show, The Park Bench. We do one interview a month.

June 30 Picnic—Two Volunteers are needed to assist serving the meal. Noon—1:00 pm

July 16—Assistance welcoming people to the Concert in the Park and handing out newsletters and possibly treats. 6:45—7:30 pm

COORDINATOR'S COMMENTS

July brings our Accreditation renewal review. Several volunteers have reviewed our previous accreditation document and have made suggestions, tweaked and or rewritten some areas. We've added volunteer job descriptions and now included the Armory in several of the accreditation areas because of the number of classes and activities that meet there. They reviewed our programs, facility, safety, advocacy and community involvement, policies and procedures, volunteer training and job descriptions, confidentiality, marketing and emergency procedures. It is always an eye-opening experience for the volunteers on the committee. They don't realize how much goes into a well run senior center.

Accreditation has many purposes. It brings clarity to center operations, involves people so they have a better understanding of the center and its operation, promotes efficiency, demonstrates accountability to funding sources and sponsors, and identifies areas to be expanded or strengthened. It also gives us goals to accomplish over the next five years. Some of the goals to-date are purpose statements, the name Seniors in the Park and/or the logo, Armory safety and signage, advocacy training and group, and an annual meeting. More goals may come out of the review, but it's a start.

I would like to thank the volunteers that worked on accreditation: Mark Dorn, Jeanine Fassl, Dave Gamble, Patti Grosskreutz, Pat Jacobson, Donna Kollwelter, Bruce Parker, and Dan Sable. Their time and input was invaluable. We'll have a celebration after we receive the official notice of accreditation and our plaque in September at the Fall Senior Center Conference.



**Checks for activities, classes, and trips are made out to:
City of Whitewater, unless indicated otherwise.**

ONLINE REGISTRATION AND PAYMENT AVAILABLE

Register and pay for trips and activities from home by going to schedulesplus.com/wwtr, using either Google Chrome or Firefox browser. Payment on this site is through PayPal. Paying in person is still an option. On the SchedulesPlus, site you can

- 1) See What's Going On Today;
- 2) See the Activity Calendar and register to attend;
- 3) Log Volunteer Hours;
- 4) Add Prepayment to Your Account;
- 5) See What I have signed up for;
- 6) Sign up to Volunteer; and
- 7) Make a donation.

You can also pay online for some classes at the Parks and Recreation website: wwparks.org.



**Register for trips and classes
online at home:
schedulesplus.com/wwtr**

HAPPY JULY BIRTHDAYS TO:

- 16** Henry Malo
- 24** Eric Zipp
Terry Williams
- 30** Sharron Hegland
- 31** Eleanor Reeb



AND Patti Grosskreutz but I'll let her tell you the day.

If you want to be on our birthday list, let Deb know your birth month and day, and correct spelling of your name, and you can be in the newsletter, too!

FARMER'S MARKET PROGRAM



The Senior Farmer's Market Program is being offered to qualified seniors in Walworth County. This program will provide \$25.00, per household, in vouchers to be used at approved vendors throughout the county for fresh fruits and vegetables this summer.

- * Individuals must be **60+ and** meet household income limits:
Single \$21,775/year or \$1815/month
Couple: \$29,471/year or \$2,456/month
- * Vouchers must be picked up in person, seniors may also send a proxy.
- * Vouchers will be distributed on a first-come, first-serve basis.
- * Distribution location for Whitewater will be the Starin Park Community Building, 504 W. Starin Rd, **Tuesday, July 7 11:00 am—12 pm.**

Proxy Information: A proxy must represent no more than 4 seniors. The senior must send a note of permission: I, *Senior's name*, give *proxy name*, permission to pick up Senior Farmer's Market Voucher for me.

Proxy must have the following information:

1. Senior's first and last name.
2. Senior's address and telephone
3. Senior's date of birth (M/D/Y)

For more information, call the Nutrition Program, (262) 741-3157.

Do not call the distribution location.

NUTRITION SITE GAME DAY

The third Tuesday of the month is Game Day.

Games begin at 10:00 am. The Nutrition Program is at Brookdale Manor on Monday, Wednesday through Friday. Meals must be reserved by noon a day in advance (call Friday for a Monday meal). On Tuesdays, call 262-473-0536; Monday, Wednesday, Thursday, and Friday, call 262-903-0436; or call Walworth County at 1-800-365-1587, ext. 3333 and leave your name, phone, and the meal site you would like to attend. **Cancellations must be called in no later than 8:00 am the day of your reservation or the night before.** Please call the Nutrition office at **262-741-3333** and leave your message



SUMMER CONCERTS AND FAMILY FUN NIGHTS IN THE PARK

Free at Cravath Lakefront Park, Thursdays, 7:00 pm

July 9 The Big Rig Gig

Explore dump trucks, tractors, skid loaders, and semis; create your own hard hat, and more.

July 16 The King and Diamond

SPONSORED BY SENIORS IN THE PARK

The Elvis Presley and Neil Diamond Tribute Show.

July 23 Messy Fest

Wear old clothes and paint your feet, catch cheese puffs with your head, and many more exciting surprises for kids.

July 30 Funky Blue Reaction

Band of misfits that plays Rockin' Music from the 50's, 60's, 70's, and more.

August 6 David Stokes

David uses live creatures, animal artifacts, songs and short stories to make learning fun.

August 13 Piper Road Spring Band

Band born into the age of rock and roll with individual backgrounds as diverse as classical, folk and Dixieland.

Summer dinner baskets are available for purchase from The Black Sheep to enjoy at the park during the above events. Stop in or call ahead at www.eatatblacksheep.com or 262-458-4751.



SAVORY SOUNDS CONCERT SERIES

Thursdays, 11:30 am—12:45 pm, Whitewater Arts Alliance's Cultural Arts Center near Birge Fountain, 402 W. Main St.

"Grab your favorite lawn chair or blanket and come on over to the Cultural Arts Center for this summer's free concert series." Bring your own lunch or purchase one from the onsite vendor. After enjoying the music and lunch, attendees are invited to explore the exhibits at the Cultural Arts Center. For June's exhibit, the Wisconsin Regional Artists Association will be sponsoring the WRAP exhibit that features the works of non-professional Wisconsin artists. July features photography by the community to honor the late Fran Achen with the Sixth Annual Fran Achen Photography Competition.

June 25: Amy Uthagrove, sponsored by Olm and Associates

Casual Joe's is lunch vendor

July 9: Steve Meisner, sponsored by Fairhaven

SweetSpot is lunch vendor

July 16: Brian Lucas, sponsored by Commercial Bank

Subway is lunch vendor

July 23: Known to Wander sponsored by Fort Comm. Credit Union

Rocky's is lunch vendor

PARKS & RECREATION

Visit wwparks.org for the Summer/Fall brochure or pick one up at the Community Building.

ATTRACTION TICKETS

Discounted tickets to the Milwaukee Zoo, Mt. Olympus (Wisconsin Dells), Noah's Ark (Wisconsin Dells), and Six Flags Great America & Hurricane Harbor are available for purchase at the Municipal Center, First Floor, Finance window, between 8:00 am—4:30 pm, Monday through Friday. Tickets are available now through August 28. Payment can be made by cash, credit card, or check. Savings can be found in the 2015 Summer & Fall Guide or on line at wwparks.org.



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SENIORS IN THE PARK



504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535
Fax 262-473-0537
Nutrition Site (T/TH) .. 262-473-0536
Nutrition Site (M/W/F) 262-903-0436
Hours....Mon-Thurs, 9:00 am-4:00 pm

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Recreation & Community

Events Coordinator

Michelle Dujardin, CPRP

Sports Coordinator

Nate Karraker

Websites: schedulesplus.com/wwtr
www.whitewater-wi.gov
www.wwparks.org

NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or www.seekandfind.com. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and other businesses in Whitewater.

Name _____

E-Mail _____

Address _____
